

Risk Assessment Form – Lanesboro Running Track (Outdoor)



Venue:		Lanesboro Running Track (Outdoor)	Venue Contact Name & Contact Details:	Longford County Council
Address:		Knock, Lanesboro Co Longford		043 3343300
Group:		Lanesboro Triathlon Club	Location of first-aider:	Lead Coach
Date:		Every Friday	Location of Defibrillator	Front wall of Parish Hall beside Bridge.
Time:		7:30pm-9pm	Location of telephone:	Mobile telephone lead coach (Reception 4G)
Participants:	Number:	10 - 12	Location of toilets:	No toilet facilities onsite.
	Age:	Adults 18 - 75	Location of changing rooms:	No changing rooms onsite.
	Ability:	Mixed, beginner to elite/novice	Location of first-aid kit:	With Lead Coach, secondary in LTC Club Room (near track)
Lead Coach Name:		James Gallagher	Stocked and maintained:	Yes
Venue documents read and understood:		Normal Operating Procedures: Yes.	Additional notes:	<ul style="list-style-type: none"> Risk assessment for adult Members of Lanesboro Triathlon Club (referred to as LTC).
		Health & Safety Policy : Yes		
		Emergency Action Plan (EAP): Yes		
			<ul style="list-style-type: none"> Ratio for Level 1 Coach 1-12 All Coaches in Club have up to date First Aid Training Lead Coach Telephone: 086-0238889 	
Name of person conducting risk assessment:		Signed:		Date:
James Gallagher - Level 1 Coach				25 October 2019

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Location & Description of Hazard:	People at Risk:	Level of Risk (High/Medium /Low):	Advice Required: (from whom)	Action(s) to Mitigate/ Remove Risk:	Person responsible for resolution:	Residual Risk: (after resolution)	Dates Reviewed
<p>TRACK</p> <ul style="list-style-type: none"> • Other groups or clubs using the track. <p>At times there can be 1 or more other groups on the running track. This is particularly important if sprinters are using the track</p>	<p>LTC Members.</p> <p>Other track users.</p> <p>Coaches.</p>	<p>Likelihood: High</p> <p>Impact: Medium</p>	No	<ul style="list-style-type: none"> • Liaise with other coaches/groups using the track. • Safety Briefing for participants. • Make sure participants are aware of track etiquette (available on LTC website). • Appropriate Coach: athlete ratios 1-12. • Suitable session planning for the environment and timing to avoid crossover between groups. 	<ul style="list-style-type: none"> • Lead Coach. • Coaches for other clubs. 	<p>Likelihood: Low</p> <p>Impact: Medium</p>	<p>James Gallagher</p> <p>25/10/2019</p>
<p>TRACK</p> <ul style="list-style-type: none"> • Collision with other participants. <p>Particularly if participants run in large groups or overtaking other athletes, especially at speed.</p>	<p>LTC Members.</p>	<p>Likelihood: High</p> <p>Impact: Medium</p>	No	<ul style="list-style-type: none"> • Safety Briefing for participants. • Make sure participants are aware of track etiquette (available on LTC website). • Appropriate Coach: athlete ratios of 1-12. • Split large groups into sub groups and stagger the start. • Adequate lighting at night. 	<ul style="list-style-type: none"> • Lead Coach. 	<p>Likelihood: Low</p> <p>Impact: Medium</p>	<p>James Gallagher</p> <p>25/10/2019</p>
<p>TRACK</p> <ul style="list-style-type: none"> • Participants using headphones. 	<p>LTC Members.</p>	<p>Likelihood: High</p> <p>Impact: Medium</p>	No	<ul style="list-style-type: none"> • Safety Briefing for participants. • Make sure participants are aware of track etiquette (available on LTC website). • Monitor participants for wearing of headphones. 	<ul style="list-style-type: none"> • Lead Coach. 	<p>Likelihood: Low</p> <p>Impact: Medium</p>	<p>James Gallagher</p> <p>25/10/2019</p>

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<p>TRACK</p> <ul style="list-style-type: none"> Other groups using the track green area such as local football clubs. <p>Balls or players can come onto the track.</p>	<p>LTC Members.</p> <p>Other track users.</p> <p>Coaches.</p>	<p>Likelihood: High</p> <p>Impact: Medium</p>	<p>No</p>	<ul style="list-style-type: none"> Clear communication with other coaches/groups using the track centre. Safety Briefing for participants. Participants and coaches to remain aware and vigilant throughout session. Make sure participants are aware of track etiquette (available on LTC website). Appropriate coach: athlete ratios of 1-12 for Level 1 coach. Suitable session planning for the environment. 	<ul style="list-style-type: none"> Lead Coach. Coaches for other clubs. 	<p>Likelihood: Low</p> <p>Impact: Medium</p>	<p>James Gallagher</p> <p>25/10/2019</p>
<p>TRACK</p> <ul style="list-style-type: none"> Spectators coming onto the track or track centre to talk to/watch the coach/participants. 	<p>LTC Members.</p> <p>Other track users.</p> <p>Coaches.</p>	<p>Likelihood: Medium</p> <p>Impact: Low</p>	<p>No</p>	<ul style="list-style-type: none"> Spectators not allowed onto the track centre. Communicate to spectators about safety of participants. Barriers are in place around the edge of the track along with signage advising safety. 	<ul style="list-style-type: none"> Lead Coach. 	<p>Likelihood: Low</p> <p>Impact: Low</p>	<p>James Gallagher</p> <p>25/10/2019</p>

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<p>TRACK</p> <ul style="list-style-type: none"> Injury to participants due to hard track surface and the potentially intense nature of the session content. 	<p>LTC Members.</p>	<p>Likelihood: Medium</p> <p>Impact: Medium</p>	<p>No</p>	<ul style="list-style-type: none"> Check for medical conditions at sign-in and safety briefing. Appropriate coach: athlete ratios. Suitable session planning for participants ability levels and environment. Complete an appropriate warm-up for the planned session including dynamic stretching. Complete an appropriate cool down for session. 	<ul style="list-style-type: none"> Lead Coach. 	<p>Likelihood: Low</p> <p>Impact: Low</p>	<p>James Gallagher</p> <p>25/10/2019</p>
<p>TRACK</p> <ul style="list-style-type: none"> Injury to participants due to frozen / flooded surface becoming very slippery or markings/edges becoming hidden. 	<p>LTC Members.</p> <p>Other track users.</p> <p>Coaches.</p>	<p>Likelihood: Medium</p> <p>Impact: Medium</p>	<p>No</p>	<ul style="list-style-type: none"> After several days of cold weather, core temperature of track is low enough to freeze rain or dew on track, even if air temperature is above freezing. Monitor track conditions and weather forecast/warnings. Cancel the session if appropriate and where an alternative location cannot be used, e.g. LTC Club Room. Torrential rain or snow could potentially leave the track slippery and boundaries hidden so review before/during session and cancel if appropriate. 	<ul style="list-style-type: none"> Lead Coach. 	<p>Cancelled Session: No risk</p>	<p>James Gallagher</p> <p>25/10/2019</p>

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<p>TRACK PERIMETER</p> <ul style="list-style-type: none"> Flood light failure during the winter months. 	<p>LTC Members. Other track users. Coaches.</p>	<p>Likelihood: Low Impact: Medium</p>	<p>Yes Longford County Council</p>	<ul style="list-style-type: none"> Safety Briefing for participants and instruct participants to stop what they are doing, stand still and await further instructions. Make sure participants are aware of track etiquette (available on LTC website). Appropriate coach: athlete ratios (LEVEL 1 is 1=12) 	<ul style="list-style-type: none"> Lead Coach. Venue Management. 	<p>Likelihood: Low Impact: Low</p>	<p>James Gallagher 25/10/2019</p>
<p>TRACK RAILS</p> <ul style="list-style-type: none"> Trip / collision with outer barriers. 	<p>LTC Members.</p>	<p>Likelihood: Medium Impact: Medium</p>	<p>No</p>	<ul style="list-style-type: none"> Safety Briefing for participants. Make sure participants are aware of track etiquette (available on LTC website). Appropriate coach: athlete ratios Coach to observe athletes not following instructions and/or becoming fatigued. Adequate lighting at night. 	<ul style="list-style-type: none"> Lead Coach. 	<p>Likelihood: Low Impact: Low</p>	<p>James Gallagher 25/10/2019</p>

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<p>TRACK</p> <ul style="list-style-type: none"> Equipment such as hurdles, cones, step ladders left unattended on track. 	<p>LTC Members. Other track users. Coaches.</p>	<p>Likelihood: Medium Impact: Medium</p>	<p>No</p>	<ul style="list-style-type: none"> Safety Briefing for participants. Check track before session. Make sure participants are aware of track etiquette (available on LTC website). Coach to inquire as required to find out if being used, if so make participants aware, if not remove. 	<ul style="list-style-type: none"> Lead Coach. 	<p>Likelihood: Low Impact: Medium</p>	<p>James Gallagher 25/10/2019</p>
<p>OTHER</p> <ul style="list-style-type: none"> Field event athletes crossing the track during their run up. Also, their equipment when training, such as stray javelins or shot putts. 	<p>LTC Members. Other track users. Coaches.</p>	<p>Likelihood: Low Impact: High</p>	<p>No</p>	<ul style="list-style-type: none"> Clear communication with other coaches/groups using the track. Safety Briefing for participants. Check track before session. Make sure participants are aware of track etiquette (available on LTC website). No field events at venue. 	<ul style="list-style-type: none"> Lead Coach. 	<p>Likelihood: Low Impact: High</p>	<p>James Gallagher 25/10/2019</p>

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<p>OTHER</p> <ul style="list-style-type: none"> DOGS <p>People bringing dogs to the track and dogs getting off lead.</p> <p>Cause collisions or potential for attack.</p>	<p>All.</p>	<p>Likelihood: Low</p> <p>Impact: High</p>	<p>No</p>	<ul style="list-style-type: none"> Ensure all participants are advised against bringing dogs to the track and, if necessary, that they remain on a lead and under control of an adult at all times. If there is a stray dog, then stop session until dog is back under control. Signage in place advising no dogs allowed. 	<ul style="list-style-type: none"> Lead Coach. Local Dog Warden. 	<p>Likelihood: Low</p> <p>Impact: Medium</p>	<p>James Gallagher</p> <p>25/10/2019</p>
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Diagram of Lanesboro Running Track (Outdoor)

